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Police seek help in identifying robbery suspect

PHOTO SUPPLIED

INVESTIGATION Ottawa police have released a photo of a bank robbery suspect in hopes the public will help identify him.

At 5:24 p.m. Dec. 23, a lone male entered the Scotiabank on Charlemagne Boulevard and demanded cash.

The suspect is described as an English-speaking white male, 5-foot-8 to 5-foot-10 with a very slim build. He was wearing dark coveralls, paint-stained dark windbreaker-style pants, a dark blue down-filled jacket with yellow accents on the inside liner and a dark blue neck gaiter pulled up over his face. He was carrying a reusable grocery bag.

Anyone with information is asked to contact the robbery section at 613-236-1222, ext. 5116, or Crime Stoppers at 613-233-8477 (TIPS).

TRACEY TONG/METRO OTTAWA

JASON REED/REUTERS

Bruce Springsteen performs The Rising during the We Are One inaugural celebration at the Lincoln Memorial yesterday in Washington, D.C.

Obama readies for 'long' road

Barack Obama approached his inauguration as the 44th U.S. president with a mix of solemnity and celebration yesterday, laying a wreath at a military grave and then swaying along at a concert featuring Bruce Springsteen and Beyoncé.

United States Presidential Inauguration

The events reflected popular excitement about his choice as the first black U.S. president tempered by anxiety about the fact the United States is fighting wars in Afghanistan and Iraq and faces its worst economic crisis since the Depression.

Walking side by side, Obama and vice-president-elect Joe Biden placed a wreath at Arlington National Cemetery's Tomb of the Unknowns before braving a cold winter's day to take in a concert on the steps of the Lincoln Memorial.

Accompanied by his wife Michelle and their daughters Malia and Sasha, Obama nodded, clapped and rocked along to the music at the concert, which included U2 paying tribute to Dr. Martin Luther King Jr. and Stevie Wonder singing Higher Ground.

As Obama prepared to be sworn in tomorrow, he stressed the depth of the challenges he faces, including the recession and the unfinished Mideast wars, but said he was optimistic about the country's ability to face them.

"There is no doubt that our road will be long, that our climb will be steep. But never forget that the true character of our nation is revealed not during times of comfort and ease, but by the right we do when the moment is hard," he said.

A New York Times/CBS News poll published Saturday showed Americans were confident he could turn the economy around and were prepared to give him years to deal with the crush of problems he faces. REUTERS

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World pg 4
Happy news amid financial crisis

Sports pg 8
Cardinals to face Steelers

Bus mechanics' return needed to prepare fleet, avoid layoffs: City

TIM WIECLAWSKI
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In order to avoid the temporary layoff of 500 OC Transpo drivers, the city is asking that mechanics be allowed to return to work immediately to carry out the necessary repairs.

According to OC Transpo general manager Alain Mercier, there is a significant backlog of work that is going to limit service to around 30 per cent of capacity the day after the strike ends, which means many drivers could be laid off as soon as they return to work.

Before the strike began, OC Transpo had 200 buses out of service for maintenance. Another 289 buses require safety certifications by the end of the month, and as a result of buses being idle for so long, 300 would need new batteries.

Transit drivers

- "Essentially, we will not need 500 drivers for the first six weeks," said Alain Mercier. "The last 100, the most junior drivers, may in fact end up out for three months, depending on how fast we can get the buses back."

Mercier said those 789 buses won't even be looked at until basic maintenance is done on service-ready buses.

OC Transpo is exploring the option to expedite the certification and inspections, and could even end up sending buses to Montreal, Kingston or Toronto to have some of the work done.

Mercier said they will focus on the Transitway, mainline routes and hospital areas during peak-periods for the first two weeks. O-Train service would begin almost as soon as the strike is over.

The rest of the mainline routes across the city would come back on line over the next five weeks, with express and local services not expected in service during the peak hours until the seventh week.

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Unbottle your water tour
A provincewide tour to encourage bans of bottled water in municipal and provincial facilities is coming to Ottawa today. The Unbottle It tour will be held 7 p.m. at St. Joseph's Parish. METRO OTTAWA

Local

Man charged after 416 crash

Ottawa OPP charged a 21-year-old Kemptville man following a Dec. 21 incident. The driver of a Ford Windstar was allegedly travelling in the wrong direction on Highway 416 near the Rideau River Bridge when he collided with a small car, injuring its driver. Ryan Harrington has been charged with dangerous operation causing bodily harm, exceeding 80 mg blood-alcohol content causing bodily harm, and impaired operation causing bodily harm. METRO OTTAWA

ACORN march for national housing plan

TRACEY TONG
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ACTIVISM Ottawa ACORN members will be marching from Parliament Hill this morning to pressure the federal government for a national housing plan.

More than 100 marchers are expected to gather on the Hill at 11:30 a.m. before walking down to the offices of Finance Minister Jim Flaherty at 140 O'Connor St. to call for $1.8 billion needed for affordable housing.

"We want to ... make the public aware there is a need for more social housing," said Kat Fortin, the leader of the Association of Community Organizations for Reform Now. Fortin lives in public housing in Mechanicsville.

"The economic crisis has created more need ... The problem of homelessness and housing is not going to go away. It is only going to increase with the current situation."

Strike stings sex show

Sexapalooza's target market most affected by dispute

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

For its second year in Ottawa, Sexapalooza had more stage shows, booths and seminars. But the show manager said the transit strike and the severe cold were to blame for a decline in attendance this year.

"I don't know how people in Ottawa are living with the buses on strike," said Liz Lewis. "It blows my mind."

With many of the booths at Lansdowne Park geared toward younger people, Lewis said it was unfortunate that those were the people most affected by the strike.

"We're especially trying to promote safe sex, good relationships, healthy sexual relationships, and younger people really need to get that message," she said.

To that end, Lewis said the adult fun show, which wrapped up yesterday, was targeted more at women and couples and about empowering women sexually.

TRACEY TONG/METRO OTTAWA

Danielle Dickenson of Kitty's Erotic Boutique, right, helps Kanata resident Terra Miller, 28, into a leather corset at Sexapalooza at Lansdowne Park yesterday.

Attending the event for the first time, Alex Bartraw said it kind of caught him offguard the see people lounging on a sex swing.

"It's interesting. There is a lot of stuff I've never really seen before," he said. "It's nice to see people coming together without being shy about a lot of things that are here."

At the booth for the women's education-oriented sex shop Venus Envy, Patty Thille said being part of a larger show gives the Bank Street store an opportunity to reach people who might otherwise shy away from the subject.

"Most people that come to Sexapalooza would be comfortable talking about sex or going into stores. But not every one is, or they might bring friends who aren't," she said.

The year's most depressing day?

POLL If you're feeling sad today, there might be a reason for it beyond a case of the winter blahs.

Blue Monday, which typically falls on the third Monday of January, is said to be the most depressing day of the year. But a new survey said this year might be worse than others, thanks to the economic downturn.

"Historically, it's the most depressing day of the year because of the flurry of broken new year's resolutions, ... the lack of sunshine and the holiday bills that are starting to pile up," said Don Thibert, president of the Ontario Association of Career Colleges.

According to the second annual national survey conducted by Harris/Decima, 71 per cent of those polled think of today as a depressing day, Thibert said. "And ... 42 per cent are blaming the economy," he said.

TRACEY TONG/METRO OTTAWA

metronews.ca

WHAT'S ONLINE TODAY

Video Omar Khadr's fate up in the air as Gitmo closure looms at **metronews.ca/canada**

Lotteries

Friday, Jan. 16
Lotto Super 7: 9, 11, 15, 16, 31, 39 & 47 Bonus 12
Saturday, Jan. 17
Lotto 6/49: 8, 12, 20, 28, 39 & 47 Bonus 12
Sunday, Jan. 18
Ontario Pick 3: 8 5 0; **Ontario Pick 4 :** 6 5 6 7
Encore: 9979698;
Daily Keno: 11, 12, 16, 20, 21, 22, 24, 25, 29, 33, 34, 35, 36, 37, 41, 47, 55, 58, 61,62
These results are not official.

Winterlude a 'window on our country'

TRACEY TONG
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CELEBRATION The National Capital Commission has unveiled the lineup of events for the 31st edition of Winterlude and the 39th season of skating on the Rideau Canal Skateway.

This year's Winterlude, held from Feb. 6 to 22, will also celebrate the 225th anniversary of the founding of the colony of New Brunswick and the premiere of Ukiuk, a free outdoor sound and light show.

"Winterlude, Canada's winter celebration, exemplifies our work at the National Capital Commission." Marie Lemay, NCC CEO

"Winterlude, Canada's winter celebration, exemplifies our work at the National Capital Commission to create a capital region that is a window on our country," said NCC CEO Marie Lemay.

Winterlude activities take place at four official sites. Gatineau will be home of Jacques-Cartier Park's Sun Life Snowflake Kingdom, which is equipped with snow slides and a giant labyrinth made of snow, while the Rogers Crystal Garden at Confederation Park will be home to a display of ice sculptures made from more than 1,700 blocks of ice. Other sites in Ottawa are the Rideau Canal Skateway and the American Express Snowbowl on the Skateway near Rideau Street.

Winterlude officially kicks off at 7 p.m. on Friday, Feb. 6, with Ukiuk, followed by six-time Juno award winner Colin James and his band.

Other musicians and bands performing throughout Winterlude include the Jim Cuddy Band, Roch Voisine, Radio Radio, Ariane Moffatt, Jully Black, and the B-boy/B-girl Exhibition Battle.

News in brief

ROBBERY Ottawa police are seeking a suspect after an armed man robbed a Kanata bank Saturday. At 10 a.m., a lone male entered the Bank of Nova Scotia in the 8100 block of Campeau Drive and handed the teller a note stating he had a gun, although none was seen. He left with an undetermined amount of cash. He got into the passenger side of an older-model grey Pathfinder.

COMPETITION Capital ward Coun. Clive Doucet is hosting a news conference today at city hall in a bid to relaunch an international design competition for Lansdowne Park. If the competition hadn't been suspended last summer, the city would be announcing the winner of the competition this month.

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Picture drawn by Putin fetches big bucks
A picture sketched by Russian Prime Minister Vladimir Putin has fetched 37 million roubles ($1.15 million US) at a charity auction. The painting of snowfall seen through a window, finished by a professional artist, features a sprawling "Putin" signature. REUTERS

Canada/World

Canadians have mixed hopes for Obama: Poll

Most Canadians believe Barack Obama will improve the image of America around the world, but many doubt he will be able to keep some of his biggest promises, a new poll has found.

A Toronto Star/Angus Reid survey found 79 per cent of Canadians believe the next U.S. president will succeed in boosting the battered reputation of his country, but fewer think he will be able to overcome some of the challenges to get him there.

The online survey showed only 27 per cent of respondents believe Obama will withdraw all combat troops from Iraq in 16 months, with 31 per cent believing he will fail and 41 per cent unsure.

27 The percentage of poll respondents who believe Obama will withdraw all combat troops from Iraq in 16 months.

They were more optimistic about his promise to shut down the U.S. military prison at Guantanamo Bay, with 49 per cent of respondents believing he'll succeed, 14 per cent believing he'll fail and 37 per cent not sure.

TORSTAR NEWS SERVICE

Liberals warn Conservatives against tax cuts in budget

OTTAWA Arguing that a recession is not the time to cut income taxes, the federal Liberals yesterday served notice to Prime Minister Stephen Harper that they are prepared to dump the current government if he goes ahead with across-the-board cuts.

Harper, whose Conservative minority will stand or fall based on what's in the Jan. 27 budget, has said the economic rescue package being prepared must include tax breaks for middle-class Canadians, whose spending can help revive the economy.

The Liberals are opposed to making tax cuts the budget's centrepiece, especially since Canadians may not spend the money they save through the cuts, which would deprive the economy of the sought-after stimulus.

TORSTAR NEWS SERVICE

Tentative truce called in Gaza

Hamas announced an immediate ceasefire in the Gaza Strip yesterday and gave Israel, which had already declared a unilateral truce, a week to pull out of the territory following a three-week war.

There was shooting from both sides after their separate announcements, but broadly the ceasefire appeared to be gaining strength and Israeli troops began pulling out of Gaza, which they entered on Jan. 3, a week after an air offensive began.

"We don't want to stay in Gaza, and we intend to leave it as soon as possible."
Ehud Olmert

"We don't want to stay in Gaza, and we intend to leave it as soon as possible," Israeli Prime Minister Ehud Olmert said.

Troops and tanks could be seen streaming back over the border from Gaza from early on yesterday, all but ending combat after the deaths of more than 1,300 Palestinians. Ten Israeli soldiers and three civilians also died.

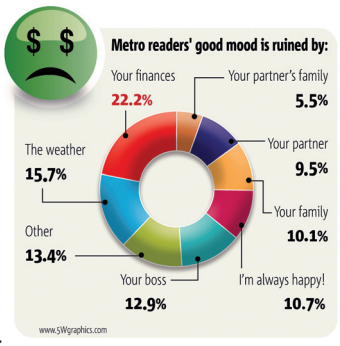
Hamas announced its ceasefire about 12 hours after Israel's own move and said its Islamist allies in Gaza would also adhere to it.

Yet despite the signs of the ceasefire gaining momentum, there still remains no formal deal between Israel and Hamas.

REUTERS

Crisis won't affect happiness: Expert

STUDY Happiness can survive the blows of financial crises, says Ruut Veenhoven, who has been studying happiness for more than 25 years.

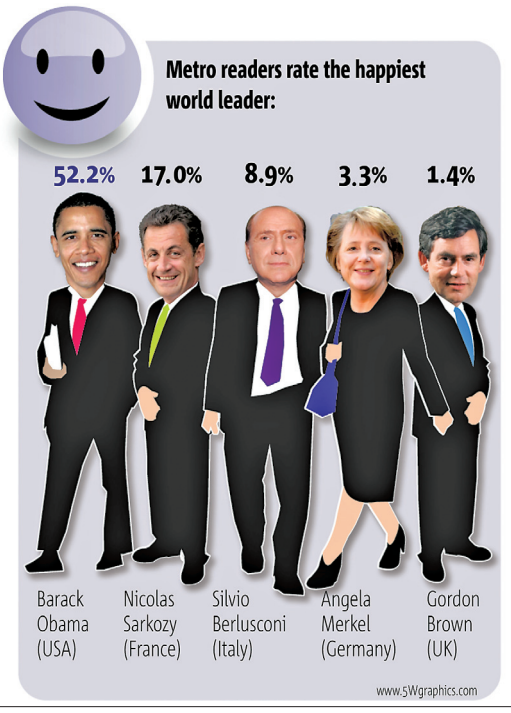


"Whether the financial crisis has made people less happy, one can only tell when the crisis is over," said the director of the World Database of Happiness, a register of scientific research on the subjective enjoyment of life.

"It's not very likely, because the previous economic crisis didn't have effects on happiness. I'm talking about the crisis between 1980 and 1982. That was a considerable recession with unemployment in the Netherlands increasing to half a million people.

"In 1989, a couple of colleagues and I did research on how this crisis had a negative effect on the happiness of the average citizen. There was hardly any effect. People were ... not less content with their lives as a whole.

METRO WORLD NEWS



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FBI joins search for missing Florida money manager

INVESTIGATION A Florida investment manager who allegedly disappeared with what could be hundreds of millions of dollars of other people's money remained missing yesterday as the investigation into his dealings widened.

The FBI and the Securities and Exchange Commission have joined the search and investigation for Arthur Nadel, president of Scoop Management Inc., whose reported disappearance Wednesday was followed two days later by complaints from investors who said that funds invested by and through Nadel had disappeared along with him.

Sarasota police said the investigation began Friday and federal agencies were informed after they received complaints from at least five possible victims, many of whom appeared to have lost more than $500,000 US. REUTERS

News in brief

IRAQ A suicide bomber yesterday killed the deputy leader of Iraq's second-biggest Sunni Arab political bloc, the Iraqi National Dialogue Front, as he and other politicians met to discuss an upcoming provincial election, the party's leader said.

ENVIRONMENT Fewer foggy, misty and hazy days help explain why Europe's temperatures have risen so fast over the past 30 years, a finding that could help predict future climate change, researchers said yesterday.

REUTERS

Biotech firm to test stem-cell therapy
British biotechnology company ReNeuron Group has received regulatory approval to test fetal stem-cell therapy on 12 stroke patients. REUTERS

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Tough love for banks, Obama aide promises

U.S. President-elect Barack Obama will push bankers to resume lending to businesses and consumers to help put the ailing economy back on track, his top aides said yesterday.

"I think he is going to have a strong message for the bankers," said David Axelrod, a top Obama adviser. "We want to see credit flowing again. We don't want them to sit on any money that they get from taxpayers."

Axelrod, on the ABC Television program This Week, said "We have to make sure the money doesn't go to excessive CEO pay and dividends when it should be going to lending."

Obama has put forward an $825 billion US stimulus package that is designed to create more than 3.5 million jobs in the next few years.

"Let's remember why we're in the mess we're in."
David Axelrod on the Bush administration

Republicans have criticized aspects of Obama's package as a throwback to what they call traditional Democratic borrow and spend policies.

Axelrod rejected complaints from the top House Republican, John Boehner of Ohio, that Obama had failed to consult adequately with Republicans and would not be able to generate enough jobs through the proposed plan.

"Let's remember why we're in the mess we're in," Axelrod said in a critique of the Bush administration. "Part of it is that when the Clinton administration left office, we were running record surpluses, and the policies that were put in place doubled our debt in a matter of a few years." REUTERS

Staffing issues

- Obama stands behind Timothy Geithner, his choice for treasury secretary, despite his failure to pay some taxes, incoming chief of staff Rahm Emanuel said.

Taiwan **Economic stimulus**

REUTERS/NICKY LOH

People shop along a street market in Taipei on Saturday. The Taiwanese government distributed consumer vouchers worth $132 US to each citizen in a bid to stimulate domestic consumption and invigorate the country's economy.

Obama will break vicious cycle: Aide

ECONOMY U.S. President-elect Barack Obama's senior economic aide, Lawrence Summers, said yesterday he does not see the U.S. rate of unemployment topping 10 per cent.

"I think while we're going to see some substantial job losses. Frankly, what is important about the president's program here is that it is going to contain what would otherwise be just a vicious cycle, people spend less, therefore they earn less," Summers, incoming director of the National Economic Council, said on the CBS Television's Face the Nation.

"We're going to contain this problem," Summers said. REUTERS

Gas agreement on the table

DISPUTE Russia and Ukraine aim to sign a deal today to restart gas flows to Europe through Ukraine after agreeing on a price for 2009 supplies. Russian Prime Minister Vladimir Putin said Ukraine will receive a 20 per cent discount from the price European customers pay, on condition Kiev froze 2009 tariffs for gas transit at last year's levels. REUTERS

Business in brief

BAILOUT Denmark unveiled a bank aid package worth $17.7 billion US yesterday, offering to inject public credit into banks to jump-start corporate and private lending, in the form of hybrid core capital. Rates would vary from bank to bank.

ECONOMY Britain will suffer the biggest annual economic contraction this year since the end of the Second World War, Ernst & Young ITEM Club said. The forecasting group predicted a 2.7 per cent fall in gross domestic product. REUTERS

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Comment & Views

Comment

Put on your boogie shoes

HineSight

Anne Hines

A while back I did a column on "wise things said by people who aren't me."

Given the success of this piece (someone mentioned they'd read it), I now present: Wise Words, Installment No. 2.

First up, playwright and style-slave of the Victorian age, Oscar Wilde, who, on his deathbed in the home of a friend, famously announced, "Charles, either these curtains go, or I do."

Wilde also said, "Fashion is merely a form of ugliness so unbearable that we are compelled to alter it every six months."

I would disagree with this entirely if it weren't for gladiator shoes and the 1980s. Also, the only way I'm going to make it onto anyone's best-dressed list is if Home Workers Monthly runs a "ratty bathrobe issue."

Next, historian and Harvard professor, Laurel Thatcher Ulrich, who said: "Well-behaved women rarely make history."

They do, however, get invited to dinner parties and asked to join book clubs.

Life's a trade-off, eh?

From an Old Chinese proverb: "It is better to light a single candle than to curse the darkness."

Cursing the electric company, however, is entirely OK.

Legendary actor W.C. Fields: "If at first you don't succeed, try, try again. Then quit. There's no use being a damn fool about it."

Words to live by. Particularly if you're a) a person trying to get a date or b) a national political party trying to get a majority.

Next, from an anonymous source: "No one in all society is so underrated, disregarded and underpaid as the plucky humour columnist." I just can't imagine who said this. It's got a ring of truth though, doesn't it?

Lastly, wise words from Fredrick Nietzsche. Nietzsche was born in Germany in the mid-1800s and undertook a career as a philogist. He abandoned this, possibly upon realizing that no one knew what the heck a philogist was. He then became a philosopher somehow thinking this would be a more profitable career choice. Some guys can't win.

As a philosopher, Nietzsche offered such insights as, "Existence is an imperfect tense that never becomes a present." To which we can only respond, "Um … what?"

He also said, "It is my ambition to say in 10 sentences what others say in a whole book." Clearly, this is a man who didn't get the concept of "royalties."

However, I forgive Nietzsche everything for saying, "We should consider every day lost in which we have not danced at least once."

It doesn't get any wiser than that.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Doucet: A champion for transit users

InTransit

John Holmes

You've got to hand it to Clive Doucet. Few are more outspoken on transit issues in this city than the Capital Ward councillor. His ideas — such as running east-west light rail down Carling Avenue rather than the Ottawa River Parkway — aren't everyone's cup of tea.

It's been a week of yet more false dawns in respect to ending this purgatorial transit strike. Among high-profile voices, Doucet alone seems to acknowledge the concerns of those who really matter: Transit users.

Firstly, Doucet addressed fears the city is actually saving money by not operating the transit network, calling for a period of free transit when services resume. "The city has an obligation to all of its citizens to rectify the situation as quickly and painlessly as possible," he said. "Part of that solution is ensuring any unintended savings are returned to riders in the form of a no-charge transit." Doucet's solution might sound like pouring money down the drain, however, it would be a sound strategic move. Riders, particularly those with access to alternative methods of transportation, need to be tempted back onto the network. There can be no better motivation than a few free rides.

Doucet was also the first councillor to break ranks and discuss the strike in the media when, on Dec. 16, he called for a federal mediator to intervene. He publicly weighed into the debate again Jan. 13, criticizing the mayor and slamming the bargaining team as "out of touch." Breaking ranks during a strike is taboo, and he later apologized for his remarks. I'm not convinced he should have to. It's obvious, now the strike has lasted 41 days, that something is going badly wrong with the negotiations. Regardless of political convention, something needs to be said and, more importantly, done.

"The city has an obligation to all of its citizens to rectify the situation as quickly and painlessly as possible."
Counc. Clive Doucet

Since entering politics, Doucet has always championed transit issues. However, he can't have made many friends on city council during the last 12 months. He started 2008 by slamming Ottawa transit in a presentation comparing it to the system in Vancouver. His words were careful and cutting. "The first thing that strikes you when you get to Vancouver is that Ottawa really, in comparison, does not have a transit system," he said. "We have a bus company that delivers an east-west commuter service."

Many of Doucet's ideas, including Light Rail Now, his plan for the rapid building of an O-Train extension, make uncomfortable reading for many at city hall. Yet politics has never been about making friends.

In Clive Doucet, Ottawa has an elected champion of transit issues.

John Holmes is a writer for various publications in Canada and the U.K. He's never had a driver's licence, and has relied on public transit for all of his adult life.

MICHAEL DE ADDER

Letters

Strike brings out kindness of strangers

As there is still no end in sight for the OC Transpo bus strike, I continue to walk or sometimes get a ride when my friends are available. I have had to make many adjustments to my life, such as cancelling night classes and refusing job offers due to their locations.

On a cold Thursday morning last week, I was unable to secure a ride to work, so I woke up really early and prepared for a cold two-hour walk to my destination. I was fortunate enough on that morning, about 20 minutes into my long walk, a woman and her daughter stopped to ask me where I was going and if I wanted a ride. They proceeded to drive me as close as possible to my destination. This woman was driving well out of her way and was even going to be late for work. I definitely appreciated this kind gesture from a complete stranger.

This strike has gone on far too long and although things have been tough for myself, the people I really feel bad for are those who cannot actually go everywhere on foot and are stuck begging for rides or paying for a taxi when they really cannot afford it. This strike is hurting innocent people in our city and that will not be forgotten any time soon. I cannot begin to express how disgusted I am at the whole situation.

EMILEE LLOYD-KRUSKY, OTTAWA

Auto bailouts can address real systemic changes

In further comment on the ridiculously excessive executive salaries, as Canadians we need to be asking how and when this folly can be amended.

A recent event where potential for some redress of these ballooning paycheques is the auto-industry bailouts.

Perhaps a reasonable model of modesty in executive compensation could be extended to other public arenas, such as school boards, hospitals, transit authorities and financial institutions. So why have Stephen Harper and Dalton McGuinty not seized this opportunity to establish clear guidelines for exactly how this auto-sector bailout money be used? Aren't these extreme inequities and enemies of Canadian prosperity and unity worthy of attention?

The Canadian public is entitled to more than the lip service we have been given.

This still has the potential to address some real systemic changes to how business is done in Canada for the benefit of all Canadians and not just a privileged few.

KEVIN BROWN, TORONTO

It's your turn to tell others what you think. E-mail your thoughts and opinions to: ottawaletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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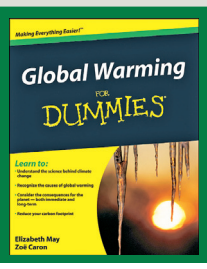
Microwave instead of conventional oven
Save up to 50 per cent of your cooking energy costs by using a microwave instead of a conventional oven. Microwave ovens cook faster because the energy goes directly into heating the food, not the oven or utensils. TORSTAR NEWS SERVICE

Going Green



Facts and fiction

Get the lowdown on global warming from the new book Global Warming for Dummies. Authors Elizabeth May (Green Party leader) and Zoë Caron explain the ins and outs of global warming and sort out the facts from the fiction. METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

Web of pollution?

Study links surfing the Internet and global warming

Don't tell Al Gore, but surfing the web may also pose an inconvenient truth when it comes to hastening our environmental ruin.

That's among the findings of a recent study by Harvard physicist Alex Wissner-Gross on the environmental impact of Internet usage — a revelation that has, somewhat ironically, generated significant buzz in some quarters of the web.

In a yet-to-be published study, Wissner-Gross found that roughly 20 milligrams of carbon dioxide are released into the atmosphere for every second that an average website is viewed. That includes the energy used both on the surfer's end, including the electricity needed to run individual computers and the networks they connect to, and the energy used to create and host the content itself.

"At an individual surfer scale, the impact is not that large — about 50 per cent larger than a human exhaling," Wissner-Gross said recently.

"But in aggregate, for websites that get a lot of traffic, it can be substantial and it can be thousands of pounds of CO2 per month."

Though web surfing is not often thought of as a polluting activity, Wissner-Gross noted that a 2007 study by U.S. firm Gartner Research found the global IT industry generated about the same amount of greenhouse gases as the airline industry, which is about two per cent of total global emissions.

Wissner-Gross says he wasn't prepared for the swift reaction that his study generated. That included a sharp response from Google after a British newspaper cited his study's findings and singled out the search engine giant as a key offender — namely because it directs individual search queries to multiple servers simultaneously in the interest of generating speedier responses.

Ron Dembo, the CEO of Zerofootprint, a Toronto company that runs carbon offset projects, said Internet users need to realize their actions can come with a significant environmental cost, and they should think twice before entering a "frivolous" search query or streaming a goofy YouTube video. TORSTAR NEWS SERVICE

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Dearest Ottawa, January, 2009

It has been a long time since we last corresponded.

We've been through a lot together - dear Queen Victoria passed on, we experienced two World Wars and weathered through a Great Depression. The Ottawa Senators played their first game, women earned the right to vote and personal computers became household necessities.

Through it all, we've both evolved with the times while preserving our heritage and I am pleased to remain a close companion of yours.

The Arts are still an integral part of your culture and I am delighted to offer an array of seasonal courses and credit programs to suit your needs.

Please don't be a stranger and pay me a visit every now and then – I'd love to show you one of my free galleries and of course, for you it is always complimentary. Do keep in touch – the past 130 years are only the beginning.

All the best in the New Year,

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Henderson, Rua win; Kang falls at UFC 93

Dan Henderson and Mauricio (Shogun) Rua celebrated wins at UFC 93 in Ireland on Saturday, while Canadian Denis Kang was left to wonder what went wrong in his UFC debut. The Vancouver native tapped out in the second round after falling into a chokehold from his opponent, Alan Belcher. METRO NEWS SERVICES

Sports

Bronze for Canuck duo

Alex Harvey, at right, and George Grey, left, won a bronze medal in yesterday's cross-country World Cup race in Whistler, B.C. Harvey, from St-Ferreol, Que., caught Russia's Alexei Petukhov at the finish to earn Canada's first men's World Cup medal in team sprint. METRO NEWS SERVICES

JOHN.CHICK@METRONEWS.CA

SCOREBOARD

NFL

SUNDAY'S RESULTS
AFC CHAMPIONSHIP
Pittsburgh 23 Baltimore 14
NFC CHAMPIONSHIP
Arizona 32 Philadelphia 25
SUPER BOWL XLIII
FEB. 1 AT TAMPA, FLA
Pittsburgh vs. Arizona

NBA

SUNDAY'S RESULTS
Phoenix 117 Toronto 113
Miami 104 Oklahoma City 94

NHL

SUNDAY'S RESULTS
Pittsburgh 3 N.Y. Rangers 0
Colorado 6 Calgary 2
Phoenix at Edmonton
Columbus at Vancouver

Steelers, Cardinals Super Bowl bound

NFL ROUNDUP

Steelers 23, Ravens 14

Troy Polamalu's 40-yard interception return for a touchdown with 4:24 remaining in the fourth quarter sealed Pittsburgh's 23-14 AFC championship game win over Baltimore and catapulted the Steelers to their seventh Super Bowl appearance.

Ben Roethlisberger completed 16-of-33 passes for 255 yards and a score as the Steelers (14-4), moved ahead to take on NFC champion Arizona February 1 in Tampa, Fla. The Cardinals topped Philadelphia, 32-25, earlier yesterday in the NFC title game.

Jeff Reed kicked three field goals for Pittsburgh and Santonio Holmes scored on a 65-yard catch-and-run play in the first half.

REUTERS

The Steelers' Troy Polamalu makes the game-clinching interception in the fourth quarter yesterday.

Baltimore's Willis McGahee ran 20 times or 60 yards and a pair of touchdowns, but was carted off the field on a stretcher late in the fourth quarter after a violent collision with Pittsburgh safety Ryan Clark.

CARDINALS 32, EAGLES 25

Tim Hightower powered into the end zone on an eight-yard screen pass from Kurt Warner late in the fourth quarter and the Arizona defense fended off Philadelphia's last-ditch efforts, as the Cardinals advanced to an improbable Super Bowl berth behind a 32-25 victory over the Eagles in an exciting NFC championship game.

Arizona's Edgerrin James celebrates yesterday.

After blowing an 18-point halftime lead, the Cardinals trailed 25-24 before putting together a meticulous 14-play, 72-yard drive that lasted nearly eight minutes.

Hightower gained first downs on 4th-and-1 near midfield and 3rd-and-1 from the Eagles' 14-yard line. METRO NEWS SERVICES

SUPER BOWL XLIII

Sunday, Feb. 1

Steelers VS Cardinals

Nash spreads it around

NBA RESULT

Suns 117 Raptors 113

Suns VS Raptors

Steve Nash only finished with nine points, but the two-time MVP dished out a season-high 18 assists and had a huge bucket in the waning seconds, as the Phoenix Suns handed the Toronto Raptors a 117-113 defeat.

Amare Stoudemire logged a game-high 31 points and Jason Richardson tallied 17 for the Suns, who won their ninth straight game against the Raptors and snapped a two-game skid.

Shaquille O'Neal and Matt Barnes each contributed 16 points in the win.

"I was very pleased with the win and it is nice to see Steve (Nash) finish up the way he did," Suns head coach Terry Porter said.

REUTERS

Steve Nash is greeted by his former national team coach and Raptors bench boss Jay Triano yesterday in Toronto.

Trade rumours

- The South Florida Sun-Sentinel reported Saturday that there has been talk between the Raptors and Miami Heat on a Jermaine O'Neal-for-Shawn Marion swap.

Anthony Parker paced Toronto with 26 points in the team's fifth straight setback. Joey Graham dropped a career-high 22 points, while Chris Bosh recorded 20 points and 12 rebounds in another loss.

An 8-2 run by Toronto tied the game at 102-all with seven minutes to play. Holding a one-point lead a little later, Barnes hit a jumper and Stoudemire threw down a dunk to put the Suns up, 114-109. METRO NEWS SERVICES

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UOIT and Durham anticipate application boom
Because of the cooling economy, both the University of Ontario Institute of Technology and Durham College expect more applications for their fall programs. METRO NEWS SERVICES

Workology

No Picasso for CBU

Cape Breton University is considering selling a Pablo Picasso sketchbook, one of the most valued pieces in its permanent collection. The sketchbook was donated to the university in 1996 by an anonymous donor.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

It's all in (her) genes

OddJobs

Diane Peters

In 1981, when Cheryl Shuman joined the staff at Toronto's Hospital for Sick Children, she was one of only two fully trained genetic counsellors in the entire country.

Today, the 54 year old heads a staff of 14, and is the program director for the masters programs in genetic counselling at the University of Toronto, one of four such programs in Canada. Her first job was south of the border, as no one was using genetic counsellors here yet.

The entire profession is quite new. It was created in the 1960s in the U.S. when doctors found they needed someone to help them educate pregnant women about the risk for genetic conditions like Down's Syndrome. Shuman first read about the profession in a newspaper article in 1969, when she was in her last year of high school. After finishing a science degree at the University of Toronto, she enrolled in the masters program for genetic counselling at Sarah Lawrence College in New York, one of just a few schools offering such a program in the 1970s.

At school, Shuman learned about the science of genetics, and also took numerous counselling courses that dealt with a range of issues; such as how to break bad news, be culturally sensitive and assess how people are coping.

When she started at the Hospital for Sick Children nearly 30 years ago, Shuman worked in the prenatal program. Now, her clinical hours are devoted to families whose children have genetic disorders that make them grow larger than expected and, as a result of their genetic mutation, are also at higher risk for developing tumours.

While a doctor on her team does the physical examinations, Shuman takes a family history and orders blood tests. She then helps families interpret the results of the genetic tests, discuss how they'll cope if the child is diagnosed, and talk about risks for other family members. "We demystify everything and help people contextualize the information within their own families," she says.

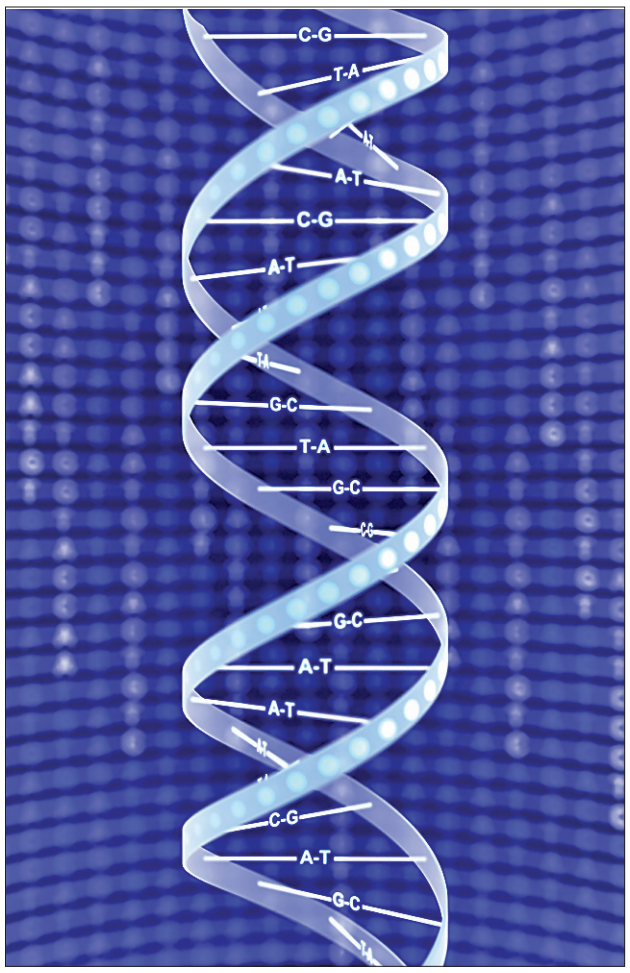
She often sees families a few times, and sometimes they return later if they're considering a pregnancy or want another family member tested.

With almost every new client, Shuman checks the latest medical literature to make sure she's completely up-to-date. Genetic research is making new discoveries constantly. The Hospital for Sick Children now has counsellors working with kids with metabolic problems, sex chromosome mutations and cancer. In the future, the list will probably expand. "At my job, there's always something new."

The Lowdown

Job title: Genetic counsellor
Salary: $65,000 to $85,000
Education: Masters degree in genetic counselling
Best part of the job: "Working with the families, learning from them, and learning about the science."
Worst part of the job: "Delivering bad news. And the paperwork."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.



Genetic counsellors work with kids with metabolic problems, sex chromosome mutations and cancer.

Inspiration coming on a dime

When the going gets tough, the tough get more creative, a new survey suggests. Forty per cent of marketing and advertising executives polled said campaigns become more innovative when budgets are lean. Twenty-six per cent felt that tight spending had no effect on creativity levels.

The national study was developed by The Creative Group, a specialized staffing service providing creative, advertising, marketing and web professionals on a project and full-time basis, and conducted by an independent research firm. It is based on 250 telephone interviews — 125 with advertising executives randomly selected from the nation's 2,000 largest advertising agencies and 125 with senior marketing executives randomly selected from the nation's 2,000 largest companies.

Advertising and marketing executives were asked, In general, do you think advertising and marketing campaigns become more or less creative when budgets are lean?

"In a challenging economic climate, businesses rely on their marketing teams to develop campaigns that resonate with consumers who are more selective in their spending," said The Creative Group's Megan Slabinski. "Firms that lack the resources to support traditional marketing initiatives may be willing to go out on a limb and try something different."

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Metro Workology exclusive: Curtain Call

Don't miss Curtain Call, Metro's exclusive feature series in the Workology section. In the realm of death there are some interesting, lucrative and mysterious career opportunities; check out Metronews.ca/work exclusively for the full series.

They're dead, but how?

Curtain Call

JON TATTRIE
for Metro Canada

When a medical mystery comes to a dead end, they call in Marnie Wood. The forensic pathologist for the Nova Scotia Medical Examiner Service studies the bodies of people who have died of diseases or unnatural injuries like gunshot wounds and car crashes.

"I love it," she says. "What interests me is finding out the answers to questions and making the pieces of the puzzle fall together."

In the course of the 250 autopsies she does annually, she works with a crack team of police officers, forensic anthropologists, forensic dentists and toxicologists to figure out how the dead person got that way.

"I get to do autopsies some days, to look at things under the microscope and do readings around cases. One day I might go out to a scene and the next day testify in court."

When a body makes its way to Wood, her three tasks are to identify the person, determine the cause of death and then determine the manner of death (murder, suicide or natural causes.) She testifies in murder cases, but she's never been concerned for her safety.

"Most of the cases that go to court, it wasn't much of a mystery. The people were shot or stabbed," she says. Her evidence is important, but it's not going to make the case.

Wood first learned about forensic pathology like most of us: Through TV shows such as Quincy. She warns, however, reality isn't a TV show.

"We're not quite as pretty," she laughs. "We don't have fashion co-ordinators."

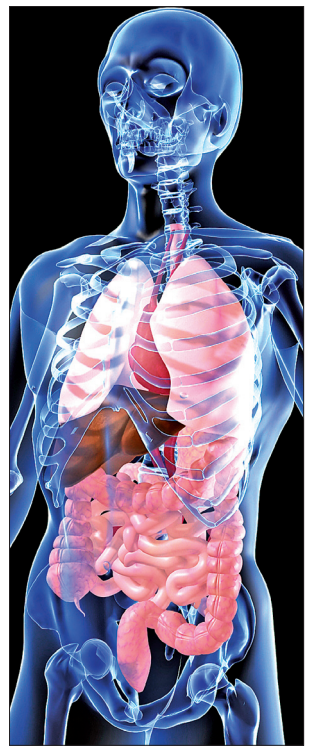
They also don't have the firm answers of the cast of CSI; it's usually more grey than black and white. Wood did, however, rub shoulders with crime writer Patricia Cornwell when Wood was training in Richmond, Virginia.

Some cases hit hard, but most of the time the mystery takes centre stage. "You focus on finding the answers," Wood says. "I find it really interesting and satisfying."

Her first autopsy was in a hospital during her medical degree. She was hooked straight away. "You spend so much of the rest of medicine learning to keep people alive, yet here you are with this person who is already gone."

It became her passion. After a quick 14 years of education including a BSC, medical degree and five years of anatomical pathology, she was ready to start.

For more of the Curtain Call exclusive series check the Workology section Mondays and Wednesdays or stop by Metronews.ca/work



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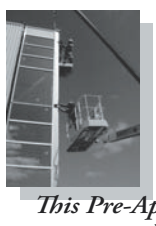

This Pre-Apprenticeship Training Program is funded by the Government of Ontario.

Metro Workology exclusive: Curtain Call
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As much opportunity as training in pathology

Curtain Call

JON TATTRIE
for Metro Canada

If you want to be a forensic pathologists, then get used to a lot of school and a lot of graduations.

It's a long road from watching CSI to becoming a forensic pathologist. After a four-year undergraduate degree, usually in the sciences, students must complete four years of medical school and then a five-year residency in forensic pathology.

That's 13 years of expensive education, but rewarding for those who stick to it, says Dr. Michael Shkrum, head of the Specialty Committee for Forensic Pathology at the Royal College of Physicians and Surgeons of Canada.

"You have to have a healthy sense of scientific and intellectual curiosity and be willing to sort through some very difficult problems."

The training includes autopsies, microscopic assessments of specimens removed during surgery and cytology, the study of cells.

Until 2003, there were no accredited residency training programs in Canada, so pathologists went to the U.S. or the U.K. The Royal College now recognizes forensic pathology as a specialty and students can train in Toronto, with other centres to follow.

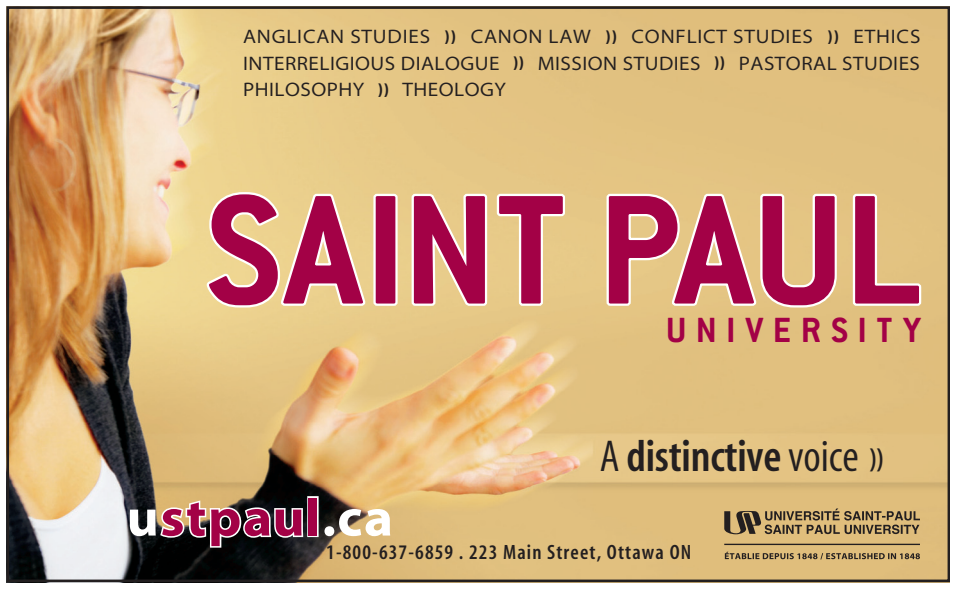
"We're hoping that program will generate at least two formally trained Canadian pathologists on a yearly basis," said Shkrum, who practices at the London Health Sciences Centre in Ontario. The training likely will stay in big cities like Toronto so students can become experts in a wide range of cases.

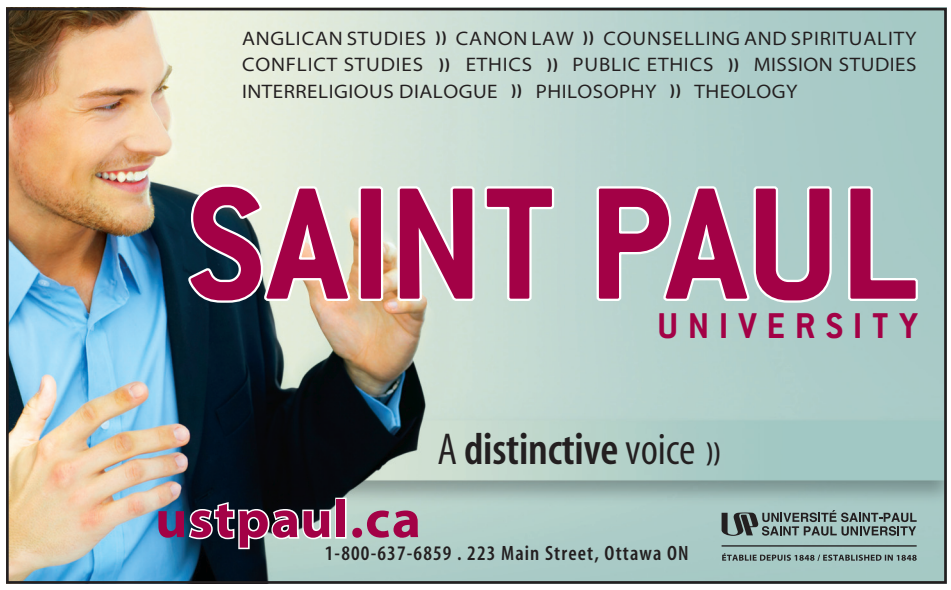
"There are very exacting legal standards that have to be addressed, because the work of a forensic pathologist can be presented in court," he said.

There aren't a lot of forensic pathologists in Canada, Shkrum said, but plenty of work. "We're really hanging on by our fingernails at the various units across the province. They're undermanned and there's a large volume of cases that comes through."

Many work in hybrid positions, doing surgical pathology along with forensic pathology.

"We're seeing some very horrendous, heart-rending cases," Shkrum cautioned, saying professional detachment is essential. "We deal with a lot of people who died unexpectedly. These are (often) young people who are cut down in their prime."





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Pete Wentz and Ashlee Simpson guest on CSI
Real-life husband and wife Pete Wentz and Ashlee Simpson have signed up to play Bonnie and Clyde-type wannabes on the CSI:NY. METRO NEWS SERVICES

Entertainment

Star expecting

Rachel Griffiths, who stars on ABC's Brothers & Sisters, is adding another baby to her brood. The mother of two is pregnant with her third child.

PEOPLE.COM

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

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Tribute to horror classics

My Bloody Valentine 3-D

Director: Patrick Lussier
Stars: Jensen Ackles, Jaime King
Classification: 18A
Rating: ●●●

STEVE GOW
for Metro Canada

MICHAEL ROBERTS PHOTO

Jaime King, left, and Megan Boone in a scene from the new horror film My Bloody Valentine 3-D.

REVIEW I'm not sure why it came as a shock to me that I actually enjoyed My Bloody Valentine 3-D.

After all, I have a fondness for the gratuitous horror genre of the early '80s and since this is a revamped version of one such low-budget slasher pic, why wouldn't the nostalgia tweak a sense of fun? Toss in some stunning digital 3-D technology and bring on the pickaxe-flailing psychopath, I say!

A shocker about a murderous stalker who devastated a small mining town called Harmony, Valentine picks up 10 years after the psychopath is thought to have died. Guess what? He's back and nobody knows who's hidden behind the killer's mask. Could it be the duplicitous sheriff (Kerr Smith) or a young heir (Jensen Ackles) who has coincidentally returned to shut down the mine?

As much as this film is counting on the gimmickry of 3-D to fill seats, director Patrick Lussier (Dracula 2000) manages to avoid hanging himself solely on the gag and instead constructs a suspenseful homage to those earlier horror flicks while keeping the killer's identity hidden just long enough to carry the simple plot.

Lussier never takes the scares too seriously and captures campy, over-the-top dialogue and gratuitous, gory death scenes designed to maximize the stunning effects — there's nothing quite like seeing a head cut in two by shovel in digital 3-D. Sure, this Valentine is not for the faint of heart, but to paraphrase another's sage-like words — those who like it, will like it a lot.

cable variety — primetime — 1/19/09

	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	265	353	2	TVO	Time Team (N)		The Agenda With Steve Paikin		Midsomer Murders		To Build a Nation		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House "Painless" (N)		24 (HDTV PA) (N)		Captain Cook: Obsession		News (N)
	-	-	5	SRC	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		Les Boys (SC)	Tout sur moi	Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Gossip Girl (HDTV) (N)		Paris Hilton's My New BFF		Paris Hilton's My New BFF		News (N)
	196	311	7	CTV	Hollywood	etalk	Big Bang Th	Two/Half Men	Two/Half Men	Corner Gas (N)	CSI: Miami (HDTV) (N)		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Being Erica (HDTV) (N)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Superstars of Dance The dance competition continues.				Momma's Boys (N)		News (N)
	117	713	10	TVA	Les Gags	Bloopers	Céline: les secrets		Dr. House (HDTV) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Beauté	C't'une joke	CSI: NY (SC)		Terminator: Les Chroniques		Cent dix pour cent (SC)		Msr Showbiz
	137	763	12	TFO	Panorama		Dans le secret des pierres		*Sitcom* ★★ (1998, Comédie) Evelyne Dandry.			Les Gens de...	Professionels
	-	362	13	CBS	Dr. Phil (HDTV)		Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami (HDTV) (N)		Two/Half Men
	216	395	14	OMN2	Cold Case "Fireflies"		News (N)		News (N)		Two/Half Men	King	Where-I Go
	214	344	15	CITY	Law & Order: SVU		The Bachelor (N)				True Beauty (N)		News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	*The Last Templar* (2009, Adventure) Mira Sorvino.				Momma's Boys (N)		News (N)
	-	361	20	ABC	News (N)	Entertainment	The Bachelor (N)				True Beauty (N)		News (N)
	512	396	24	CPAC	(6) Dossier public		L'Heure politique		Dossier public			Tête-à-tête	Dossier public
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House "Painless" (N)		24 (HDTV PA) (N)		News (N)		News
	-	-	64	PBS	Business Rpt.	Steves Europe	Antiques Roadshow (N)		The Story of India (N)		The Story of India (N)		Tavis Smiley
	205	312	104	CTV	Hollywood	etalk	Big Bang Th	Two/Half Men	Two/Half Men	Corner Gas (N)	CSI: Miami (HDTV) (N)		News (N)
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Doc Zone "Omar Khadr"		National
	500	500	33	CNN	From MLK to Today (Live)		Campbell Brown: No Bias		Larry King Live (Live)		Anderson Cooper 360 (HDTV) (Live)		
sports	406	417	27	net	Overtime	UFC: Access	Ultimate Fighting Championship 83: Serra vs. St. Pierre 2				Sportsnet Connected		Hockey Central
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey!	Strongest Man	NBA Basketball Phoenix Suns at Boston Celtics. (HDTV) (Live)					Tennis: Australian Open	
	410	403	52	SCR	RaceNight				(9:15) WWE Monday Night Raw				Score Tonight
	411	457	56	OLN	Bounty Hunter	Dakar Rally	Survivorman (N)		Mantracker		Bounty Hunter	Dakar Rally	Survivorman
	417	406	59	SC	Trackside	NASCAR Pre.	SuperCars	SuperCars	My Classic Car	My Classic Car	Barrett-Jackson		Trackside
family	554	544	48	TEL	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama	American Dad	Robot Chicken	Life's a Zoo
	557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Zixx Level	Falcon Beach		Mystery Hnt.
	570	580	29	MM	mmmtop	Revival	Listed (Part 2 of 2)		Where You At	Back In	Don't Forget the Lyrics!		Don't Forget
	615	520	31	A&E	Intervention "Brittany"		Intervention "Kristen"		Intervention "Casie" (N)		Paranormal	Paranormal	Paranormal
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		*The Hills Have Eyes* ★★ (2006, Horror) Aaron Stanford, Vinessa Shaw.				
	521	560	34	TLC	Jon & Kate Plus 8		Jon & Kate Plus 8		Jon & Kate Plus 8 (N)		Little People: Just Married (N)		Jon & Kate
	145	761	35	TV5	L'Objet du scandale		Trains-autres	(8:45) Babylone			*La Femme oubliée* (2008)		Journal TV5
	616	521	39	SHO	The Outer Limits		Kink in Hair	Kink in Hair	Kenny-Spenny	Rent-A-Goalie	Name Is Earl	Testees	House
	620	523	40	BVO	Hot Dance	Dance With Me	Raising the Bar		Crossroads of Rock N' Roll		Bravonews	McLauchlan	Law & Order
	520	505	42	DIS	Daily Planet (N)		MythBusters		Dirty Jobs		Verminators (N)		Daily Planet
	575	583	43	CMT	All About (N)	All About	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	CMT Star: Pets
	601	562	45	SLC	Til Debt-Part	Rich Poor	Til Debt-Part	Til Debt-Part	Tabatha's Salon Takeover		Tim Gunn's Guide to Style		ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Joan Rivers: Before Melissa		Daily Show
	294	529	47	TBS	House-Payne	House-Payne	Black in America (HDTV)				Welcome to	Welcome to	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	House Hunters	Ambrose Price	Petal Pushers	Holmes-Homes
	627	528	50	SPC	Lost		Lost "Cabin Fever"		The Dresden Files		Ghost Hunters		Stargate SG-1
	581	566	53	MTV	The City	City Live After	MTV News	Cribs (N)	Bromance (N)		The City	City Live After	MTV Live
	618	524	54	TROP	TV Made, Do It	News Show	Tube Tales	Whatever	Make or Break	TV Made, Do It	Planet Soap	Reality	Deal-No Deal
	522	506	55	HIS	NCIS "Once a Hero"		Battle 360		Massacre at Verrieres Ridge		NCIS "Once a Hero"		Crime Stories
	129	773	60	CD	Biographies "Jack Black"		Les Grands travaux (HDTV)		Science du combat		Autopsie		Paradis perdus
	261	394	61	V	Murder, She Wrote		Eyes Down	May-December	McLeod's Daughters (N)		God Bless	God Bless	Poltergeist
	602	567	62	W	Will & Grace	Friends	How Clean	Kim	Love It or List It		Save Us-House	Smart Cookies	Maxed Out
	269	350	70	APTN	Notre Peuple "Miroir en face"		Terres arct.	Mishkuenita	*Kazan* (1994, Drame) Jeff Fahey, Sophie Duez.				Tshinanu
	621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	First Class All the Way		The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover		Food Detective	Road Tasted	Hell's Kitchen		Chef School

critics' corner

First Class All the Way
This new offering chronicles life inside the offices of Sara Duffy, travel planner to the rich and famous. With the economy in the proverbial toilet, many of us can barely afford to drive to work, never mind jet off to the South Pacific or the South of France. America's millionaires can do all the jet-setting they want. 9 PM on 71 TLK

House
In this new episode, House and his team try to figure out what's wrong with a man suffering from chronic pain — something House has lived with for years. Foreman and Thirteen deal with their budding relationship, and Cuddy gets a lesson in juggling work and parenthood in the new episode "Painless." 8 PM on 3 GTV, 36 FOX

Two and a Half Men
In this new episode, Alan believes he's the father when Judith reveals she's expecting a baby girl. Charlie suspects he knows the reason Jake has been in an argumentative mood lately in "I Think You Offended Don." 9 PM on 13 CBS 7 CTV, 104 CTV

In brief

PEOPLE Actor Patrick Swayze, the Dirty Dancing star who is battling pancreatic cancer, has been released from a weeklong stay at a hospital where he was treated for pneumonia, People magazine reports.

WEEKEND BOX OFFICE Estimated ticket sales: 1. Paul Blart: Mall Cop, $33.8 million US; 2. Gran Torino, $22.2 million; 3. My Bloody Valentine: 3-D, $21.9 million; 4. Notorious, $21.5 million; 5. Hotel for Dogs, $17.7 million. REUTERS

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Kenya Hunt

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Battlestar bidding

IntelleVision

Rick McGinnis
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TOBY CANHAM /GETTY IMAGES

The real prize, however, was probably the red backless dress worn by Number Six, played by ex-model Tricia Helfer.

THE GEEK GARAGE SALE: So were you shocked by Friday's return of Battlestar Galactica? Thrilled, bummed, confused? It's one down, nine to go — not including The Plan, the Edward James Olmos-directed movie, due to air after the final episode, which is actually set sometime during the first season, so it doesn't really count toward the show's finale. And then there's Caprica, the prequel series scheduled to debut next year, but let's not get ahead of — or behind, as the case may be — ourselves.

Word also came down this weekend that Matt Weiner has finally signed a contract that puts him at the helm of two more seasons of Mad Men, which will hopefully be as far as he's willing to take the show.

I've been gritting my teeth hoping that Ronald Moore and the rest of Galactica's creators wouldn't make that often invisible slip into hokey junk before wrapping up the series, and now I've got to worry that Weiner will pull off a decent denouement for his show and avoid the temptation to keep a steady gig. I'd like to think that both shows, in the end, will underline the case for limiting the lifespan of a TV series to four seasons at the absolute maximum, though in a perfect world two seasons should be enough.

Fans who, like grieving relatives or the lovelorn, can't let go, were probably bleeding their bank accounts this weekend at the auction of the show's costumes, props, sets and design drawings held in Pasadena, Calif., where you could pick up a Cylon Resurrection Tub (lot 799, estimated at $2,500-$3,500 US), a full-sized Viper (lot 347; $50,000-$60,000) or Adama's desk and accessories (lot 752; $6,000-$8,000.) The budget-conscious could settle for the pen Gaeta used to stab Baltar (lot 441; $400-$600, complete with dried stage blood), while you'll be a star at the next comic con with either an unnamed Viper pilot uniform (four lots from small to XL; $2,000-$3,000) or Kara Starbuck's flight suit (lot 111; $10,000-$15,000.)

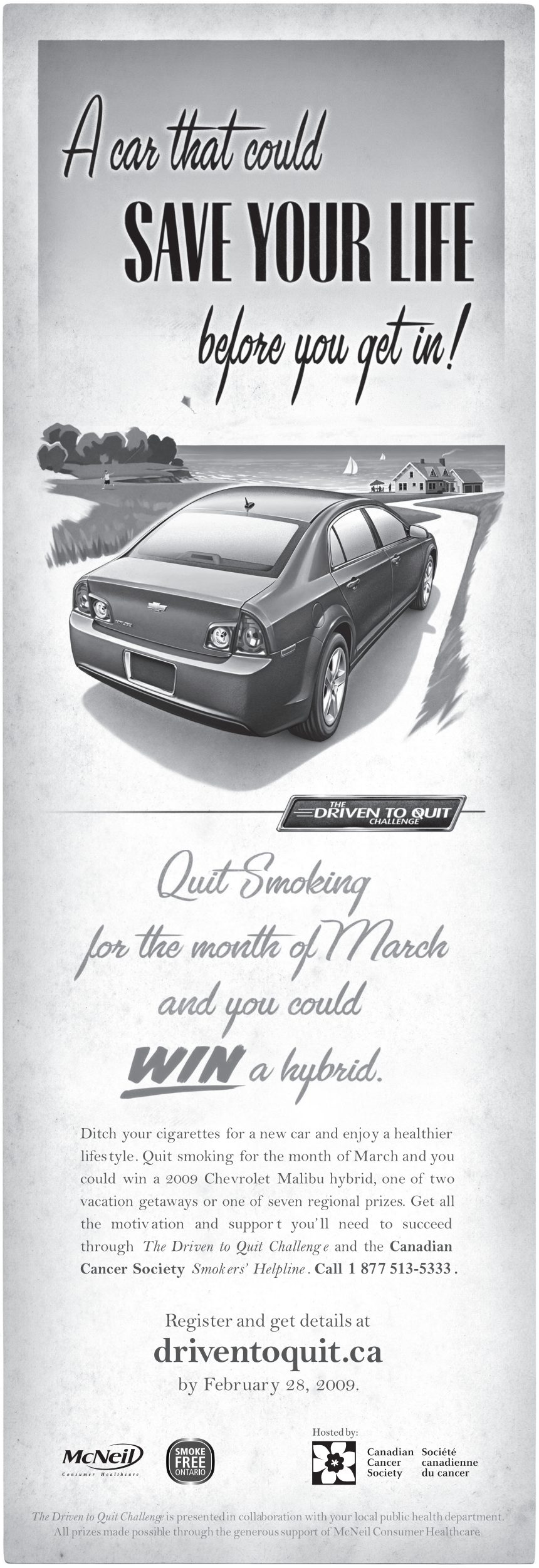
The real prize, however, was probably the red backless dress worn by Number Six, played by ex-model Tricia Helfer (lot 260; $10,000-$12,000), and probably only suitable for a very lean size one who's been spending a fair bit of time in the gym. Or a very willowy and extravagant transvestite whose tastes run to Darth Vader and not Marlene Dietrich.

Rick McGinnis writes about music, movies, books and television, but not opera.

In brief

NETWORKS Now that selling song downloads through video games has achieved liftoff, the business appears poised to rocket into orbit. In 2008, Rock Band and Guitar Hero users downloaded more than 50 million tracks from the games. Game-linked song downloads are expected to surge in the coming year.

REUTERS



Boy George is sentenced to 15 months of prison
Former pop star Boy George (real name, George O'Dowd) was sentenced Friday to 15 months in prison after being found guilty for falsely imprisoning and beating a Norwegian male escort, Audun Carlsen. INTOUCHWEEKLY.COM

Celebrity Buzz

Winehouse pleads against divorce

DISPUTE Amy Winehouse has vowed she will not allow her husband to go ahead with his divorce plan, people.com reports.

Blake Fielder-Civil — currently in jail for assault and attempting to pervert the course of justice — has recently instructed a lawyer to file for divorce signaling the end of the couple's tumultuous union.

But the singer is quoted in the U.K. newspaper The Sun promising to fight that.

"I still love my Blake. I won't let him divorce me," she told the newspaper.

And explaining her recent behavior that has seen her hanging out with a rugby player-turned-actor Josh Bowman, Winehouse, 25, says that doesn't mean she is not going to have "some fun" and a "good time."

She made her comments during her extended vacation in St Lucia. In a break from her partying, she is pictured playing Scrabble as she chats about her life.

And she says she loves Fielder-Civil "because he's just like me."

"Blake is the male version of me. We're perfect for each other. I don't want to go back home to England. I want to wait for Blake here," she is quoted saying.

She says she has not been "doing drugs" and, speaking of Bowman, she added, "Josh was lovely. But it was a holiday thing. I've got my Blake."

METRO NEWS SERVICES

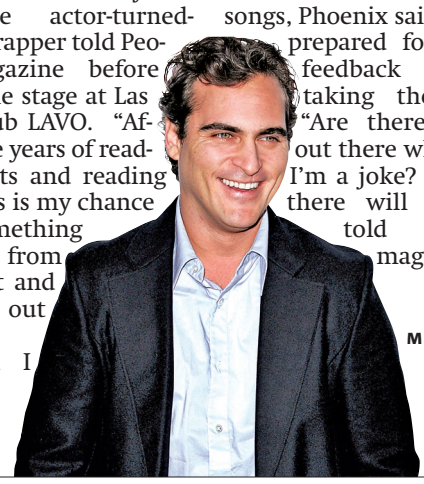
Joaquin delivers first music performance

CAREER After announcing his retirement from acting in October, Joaquin Phoenix made his first public foray into the music world Friday, saying he was ready to put his real self out there and not hide behind movie characters, people.com reports.

"This is me saying this is who I am. This is my story," the actor-turned-aspiring rapper told People magazine before taking the stage at Las Vegas club LAVO. "After all the years of reading scripts and reading lines, this is my chance to do something straight from the heart and put it out there.

"When I was young I liked punk rock music but then I discovered rap. I love the storytelling aspect of hip-hop."

Fluttering around the club's catwalk, Phoenix, 34, rapped to the sounds of a drumbeat and encouraged the crowd to dance, people.com reports. While the crowd cheered for the songs, Phoenix said he was prepared for mixed feedback before taking the stage. "Are there people out there who think I'm a joke? I'm sure there will be," he told People magazine.



METRO NEWS SERVICES

Action star Craig doesn't like guns

PEOPLE Daniel Craig doesn't like guns, femalefirst.co.uk is reporting.

The action star admits shooting holds no appeal for him, even though he fires off numerous rounds in his new film Defiance and plays trigger-happy British spy James Bond.

"I wouldn't touch a gun in my everyday life," he said. Craig's co-star Liev Schreiber — who stars opposite Hugh Jackman in upcoming comic-book adaptation Wolverine — mirrored the actor's sentiment.

"I don't enjoy firing guns, either ... even with fake bullets," Schreiber said.

Despite his fear of firearms, Craig has previously insisted he is never worried about performing dangerous stunts as Bond.

METRO NEWS SERVICES

Portia calls marriage "peace"

RELATIONSHIP Five months after her wedding to Ellen DeGeneres, Portia de Rossi is declaring that marriage has "completely changed my life," people.com reports.

"Marriage is a different way of being together," the actress told People magazine on Friday while promoting her upcoming ABC series Better Off Ted.

Even though the couple has been together since 2004, tying the knot strengthened their bond.

"There's a peace to (being married) and a sense of togetherness that we just didn't have before. And I didn't even realize it would change as much as it has, but it's so lovely," said the actress.

"It's legal, and it's real, so there's that kind of formality to it that makes it very valid," added de Rossi.

De Rossi also holds out hope that other gay and lesbian couples will ultimately be able to enjoy the right to be legally married, a right that was repealed in California last fall shortly after their nuptials. "Every day of our lives is a protest against the passing of Prop 8," she said. "We're a happily married couple. It was kind of devastating, actually, when it passed."

METRO NEWS SERVICES

Mel B collects socks

FASHION Mel B says she collects "silly socks," femalefirst.co.uk is reporting.

The former Spice Girl — who is the current face of Ultimo lingerie — loves wearing humorous socks to red carpet events and has been obsessed with peculiar footwear since she was a child, the website adds.

"I collect silly socks. I have done since I was 12," she says. "I like wearing them because it doesn't matter where you are. You could be at a premiere or something and you know that you're wearing socks that say the most ridiculous thing on them or have the most ridiculous picture. You can always keep your humour."

METRO NEWS SERVICES

Drew admits she can't cook

PEOPLE Drew Barrymore makes her friends cook for her because she is such a bad chef, according to femalefirst.co.uk.

The He's Just Not That Into You actress admits she is clueless in the kitchen and so asks her pals to prepare food for her whenever they visit.

Asked how she coped when people come to dinner, Barrymore is quoted as saying: "I don't cook, I can't cook, and it is really abominable to see me in the kitchen. I order in takeaway food or get my friends to cook because a lot of them are very good."

The 33-year-old actress claims her culinary skills are so poor she can't even make toast.

METRO NEWS SERVICES

Simpson uses perfume on hair

BEAUTY Jessica Simpson sprays her hair with perfume so she doesn't have to wash it, femalefirst.co.uk reports.

The singer and actress was advised to only shampoo her long blond locks two or three times a month by her hairdresser Ken Paves, so she uses fragrances to cover the smell when her locks need a clean, the website says.

A source said: "Jessica's tresses are often greasy, but she hides it well. She wears hats or reaches for the Hairdo, the clip-on extension line she created with Ken. If her hair starts to smell, she just spritzes it with perfume from her own range."

METRO NEWS SERVICES

Paris targeted by hackers

WEBSITE Paris Hilton has once again been targeted by hackers — her official website has reportedly been infected with a vicious computer virus, femalefirst.co.uk reports.

The socialite's webpage, ParisHilton.com, is said to have been hit by a malicious program that attaches itself to the computers of anyone visiting the site.

METRO NEWS SERVICES

The Weather Network 20 YEARS
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Today 60% Flurries -8° / -20°
Tuesday Variable -10° / -25°
Wednesday 40% Flurries -8° / -20°

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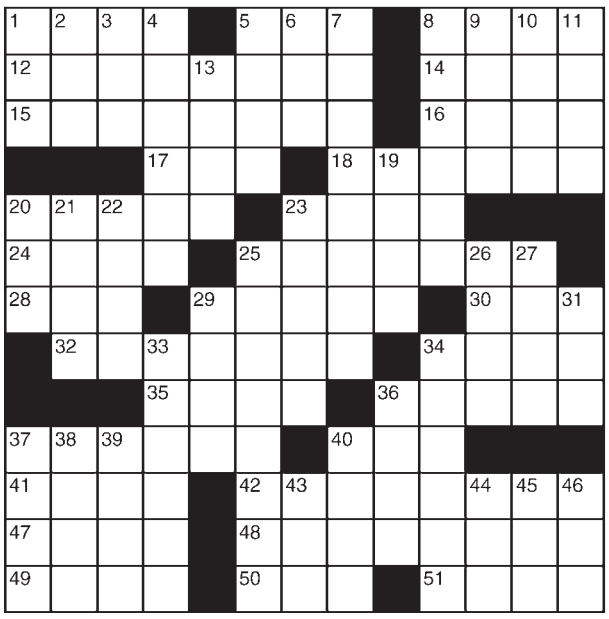
Take Five



Crossword across

1From a distance
5 One of the Seven Dwarfs
8 Plundered, old-style
12 Florida city
14 Eastern potentate
15 1991 "Top Gun" spoof
16 Workbench attachment
17 Automobile
18 Wrap
20 James — Garfield
23 Smile broadly
24 Follow relentlessly
25 "Henry IV: Part I" role
28 List-ending abbr.
29 Accommodation
30 Lawyer's pay
32 Red phone, maybe
34 Overly studious one
35 Foolproof
36 Waste maker
37 Slam-dances
40 Knight's address
41 Oppositionist
42 Areas of unrest
47 Cicatrix
48 Sorta
49 Superman's alter ego
50 Apiece
51 Info

Crossword down

1 Blond shade
2 — Schwarz
3 Illustrations
4 Impish one
5 Entryway
6 Mel of Cooperstown
7Audiotape
8 Make over
9 Send forth
10 Burbot or turbot
11 Shade provider
13 Counterfeit
19 Cleanse
20 Packed away
21 Dog owner's ordeal
22 Puerto —
23 Carried
25 Descendant's right, often
26 Venusian vessels?
27 Landlord's due
29 Sad
31 — out a living
33 Unisex garb
34 Distorted
36 Snake's sound
37 Fake face
38 Erstwhile
39 Laurel or Musial
40 Celebrity
43 Half and half?
44 Yoko of music
45 Recipe meas.
46 Witness

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		5	7			2	6	
7						5		1
	8			6				7
	1				2	4		
			4		3			
		6	8				1	
1				7			3	
6		3						9
	4	9			5	6		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

J	A	B	■	G	O	L	D	■	T	A	R	P
O	W	E	■	E	W	E	R	■	R	O	I	L
B	E	R	K	E	L	E	Y	■	U	N	T	O
■	■	M	I	S	S	■	■	P	I	E	T	Y
C	H	U	T	E	■	H	U	E	S	■	■	■
H	I	D	E	■	R	E	S	E	M	B	L	E
A	R	A	■	B	O	X	E	R	■	E	E	L
D	E	S	P	I	S	E	D	■	C	R	A	B
■	■	■	S	L	E	D	■	P	O	L	K	A
P	A	Y	E	E	■	■	D	E	L	I	■	■
E	S	A	U	■	B	E	R	N	A	N	K	E
R	I	N	D	■	A	R	E	A	■	E	O	N
M	A	K	O	■	Y	A	W	L	■	R	I	D

3	1	6	5	7	8	4	2	9
2	4	5	1	9	6	8	3	7
7	9	8	2	3	4	6	5	1
9	6	4	8	1	3	5	7	2
1	2	7	4	6	5	3	9	8
8	5	3	9	2	7	1	6	4
4	3	2	6	8	9	7	1	5
6	8	9	7	5	1	2	4	3
5	7	1	3	4	2	9	8	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Chicken with mushroom sauce

INGREDIENTS:
1 tbsp (15 ml) olive oil
1 1/2 tbsp (20 ml) butter
4 boneless, skinless, chicken breasts, about 6 oz (175 g) each
Salt and black pepper
4 scallions
3/4 lb (375g) button mushrooms
1 tbsp (15 ml) plain flour
2/3 cup (150 ml) chicken stock
2/3 cup (150 ml) light cream

METHOD:
1. Preheat oven to low setting to keep chicken warm later. Put olive oil and butter into frying pan and heat until sizzling hot. Meanwhile, season chicken breasts on both sides with salt and black pepper.
2. Add chicken to pan and cook 2–3 minutes per side until golden, then reduce heat to low, cover and continue cooking 8–10 minutes, turning once.
3. Meanwhile, trim, rinse and thinly slice scallions. Clean and thinly slice mushrooms.
4. When chicken's juices run clear, transfer breasts to plate, cover and keep warm.
5. Add scallions and button mushrooms to pan, spread out and fry over moderate heat 3–4 minutes, or until softened.
6. Stir flour into pan and cook 1 minute, then add stock and bring to a boil, stirring constantly. Cook mushroom sauce 2–3 minutes, then reduce heat, add cream and stir. Return chicken breasts and juices to pan and heat through 2–3 minutes more.
7. Put cooked chicken breasts onto warmed plates, spoon over mushroom sauce, and serve them immediately.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Take a break to reorganize. Spend time with those who consider security first. A headache goes away when you make your wishes known.

TAURUS
APRIL 21-MAY 21
A lazy admirer will argue over personal beliefs. A righteous man talks of love. Your passionate wishes can come true.

GEMINI
MAY 22-JUNE 21
Someone will find the money for travel plans. Surrender to a winning argument. Forgive and forget after casting off your inhibitions.

CANCER
JUNE 22-JULY 22
You'll benefit from a time-out. Refuse to attend a painful meeting. A parent gets a monstrosity out of the way.

LEO
JULY 23-AUG 23
A traitor will encourage a coward. You'll smile while undergoing an indignity. You can decide that a compromise is for the best.

VIRGO
AUG 24-SEPT 22
Provide support for someone who is forthright. People are reluctant to socialize. A superficial person is excited by a compliment.

LIBRA
SEPT 23-OCT 23
A small man with good manners is due to arrive. A surprise leads you into a good situation. Be calm when there's absurdity all around.

SCORPIO
OCT 24-NOV 22
A brave guy creates a convivial atmosphere. Help someone to cherish a marvellous moment. A woman's confidence gets boosted.

SAGITTARIUS
NOV 23-DEC 21
A handsome guy is used to cheating. The true cost of a hidden agenda is discovered. Too much daydreaming causes chaos.

CAPRICORN
DEC 22-JAN 20
A woman is wrestling with hostility toward a rival. You'll have the solution if you're being positive. An unfortunate leader will not accept blame.

AQUARIUS
JAN 21-FEB 18
Don't get on people's nerves by being pushy. A heroic deed creates a spectacular change. Prepare to investigate a crazy idea.

PISCES
FEB 19-MARCH 20
Somebody is too unpredictable for words. Demand privacy when a loss of equanimity takes place. A suffering manipulator won't accomplish anything.

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TICO

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Maple tree goo on an atlas page (1)
2. High-school-aged person's denims (1)
3. Obstruct a group of sheep (1)
4. Overly amped tongue-twisting Peter (2)
5. Homer's wife's trash-hauling vessels (2)
6. More bleak and unsmiling pool user (2)
7. Mistake-free Lucy who played Xena (2)

ANSWERS
1. MAP SAP 2. TEENS JEANS 3. BLOCK FLOCK 4. HYPER PIPER 5. MARGES BARGES 6. GRIMMER SWIMMER 7. FLAWLESS LAWLESS

1-19-09

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